

A webinar based on the training manual

MENTAL HEALTH AND GENDER BASED VIOLENCE

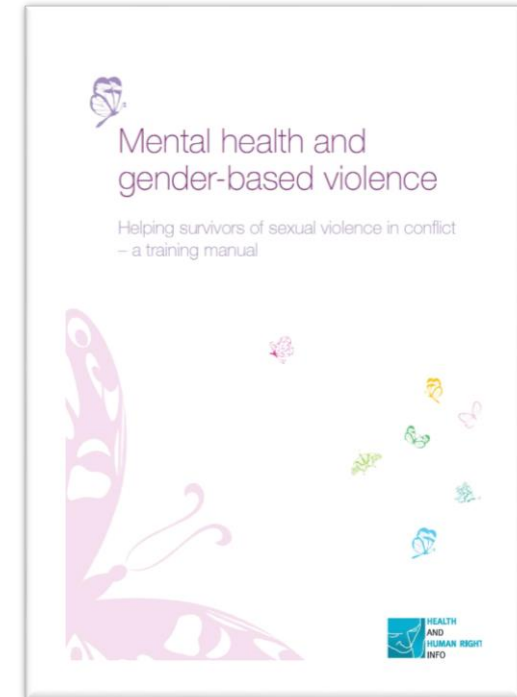
Helping survivors of sexual violence in conflict

This e-training material is based on the manual and will give an introduction to how you can use the manual and hold your own training.

The manual has been written for the many people who in different ways provide direct assistance to women who survive gender-based and sexual trauma during disasters, wars and conflicts, where helpers have limited or no access to specialized health services.

This recorded webinar took place between the 28.8 -26.9 2016

Listen to all 6 sessions and answer the final reflection to apply for a certificate. Send us an [e-mail](#) with your qualifications and let us know that you have submitted your answer.



Session	Objectives	Recourses
1. Introductions and expectations	<ul style="list-style-type: none"> -Words of Welcoming -Get to know the trainer and other participants -Identify workshop expectations, and contributions -GBV and the manual in a wider setting -Introducing Human Rights perspective -Discussing Humanitarian charter and protection principles -Mental health in conflict 	<ul style="list-style-type: none"> • Recording session 1 Introduction https://youtu.be/hrzQ0YgTDiw • Prezi presentation 1 Introduction http://prezi.com/wo21nl78hm3g/?utm_campaign=share&utm_medium=copy&rc=ex0share • Mama Congo https://www.youtube.com/watch?v=-TJiaFqpmfY

<p>2. Role as helpers</p>	<p>-Mental health & psychosocial support in a humanitarian setting -Mental health standard, key actions, key indicator -What are the characteristics of a good helper? -Role play, the good helper, Small video of the first meeting -Taking care of yourself as a helper, signs of distress</p>	<ul style="list-style-type: none"> • Recording session 2 The good helper https://www.youtube.com/watch?v=lzGWk6P0zZU • Prezi presentation 2 The good helper http://prezi.com/610q3guu5nof/?utm_campaign=share&utm_medium=copy&rc=ex0share • The first meeting between helper and survivor https://www.youtube.com/watch?v=A7u3F6l8Cdo
<p>3. Trauma</p>	<p>-What is trauma, the brain, -Identifying trauma reactions, triggers and trauma reminders -Case study based on experiences from Syria; survivor story</p>	<ul style="list-style-type: none"> • Recording session 3 Trauma https://www.youtube.com/watch?v=uFCK9-kZaPo • Prezi presentation 3 Trauma http://prezi.com/610q3guu5nof/?utm_campaign=share&utm_medium=copy&rc=ex0share • Trauma and the brain https://www.youtube.com/watch?v=4-tcKYx24aA • Dr Sigel the hand model og the brain https://www.youtube.com/watch?v=gm9CIJ74Oxw
<p>4. Stabilization</p>	<p>Stabilization techniques, -Grounding exercises, -Window of tolerance, practicing stabilization techniques -Introducing and practicing recovery skills -Role play – exercising grounding techniques</p>	<ul style="list-style-type: none"> • Recording Session 4 Stabilisation https://www.youtube.com/watch?v=kZhjjwKpC5k • Prezi presentation session 4 Stabilisation http://prezi.com/p3nhxr2jpygw/?utm_campaign=share&utm_medium=copy&rc=ex0share • Window of Tolerance http://www.hhri-gbv-manual.org/about/tools/wot • Example of role play https://www.youtube.com/watch?v=r7JWjERmTUo
<p>5. Introducing Butterfly woman</p>	<p>-Metaphor, introducing the story of the <i>Butterfly Woman</i> and how to use the metaphor. -<i>Butterfly woman</i> going through the story and why. -To identify trauma reactions in the story</p>	<ul style="list-style-type: none"> • Recording Session 5 The Butterfly Woman https://youtu.be/eEBGAc2ppkU • Prezi presentation 5 The Butterfly Woman http://prezi.com/13ezubmz2a0r/?utm_campaign=share&utm_medium=copy&rc=ex0share

<p>6. Reporting The ending</p>	<p>-Reporting, awareness in your cultural setting, political, legal, before during and after reporting, pros and cons, anticipated results, -Protecting the survivor when reporting -Making a good ending, gradually healing, -Returning to community, -Take home principles and questions</p>	<ul style="list-style-type: none"> • Recording session 6 Reporting and Making a good ending https://youtu.be/7dGQw_LjYZQ • Prezi presentation 6 Reporting and Making a good ending http://prezi.com/gvbkqryouz7o/?utm_campaign=share&utm_medium=copy&rc=ex0share
<p>Final reflections to obtain certificate</p>		<p>The final reflections</p> <p>In order to obtain the certificate, we would like you to answer the following questions and send us an e-mail with your name and qualifications to let us know that you have submitted your answers.</p> <p>The main objective of this exercise is to identify that you have understood the main content of the manual as well as a consideration of the outcome from this e-training and to get feedback on the structure and method used in the training.</p> <p>Please answer in the google form below:</p> <p>https://docs.google.com/forms/d/e/1FAIpQLSeqLDraen3YggAq7XDZwRHp_mIGPkRa4LAvu5vr55aVKNEh3Q/viewform?c=0&w=1</p>